



Dane County New Horizons Music

COVID-19 Plan of Action

Revised: November 26, 2021

Summary

- Proof of Vaccinations with boosters required.
- Per Dane County health officials and Madison Metropolitan School District policies, face masks are required whenever not playing a wind instrument.
- Wind instrument bell covers/deflectors (provided by band) must be used.
- Details and additional requirements are listed below.

Introduction

Many of our Dane County New Horizons Music (DCNHM) participants and their family members are over age 60 – and may also have additional underlying health concerns. As such, they may be at high risk regarding the COVID-19 virus. As they relate to our non-profit adult music education program, DCNHM will follow (as best we can) CDC guidelines, State of Wisconsin laws and guidelines, public health orders, and the findings and recommendations of the on-going National Performing Arts Aerosol Study. When these guidelines, findings and recommendations change over time, DCNHM will reassess its COVID-19 Plan of Action and take the necessary prudent precautions.

Vaccination for COVID-19

- All participants must be fully vaccinated, including booster(s), using one of the vaccines approved by the CDC and FDA (currently Johnson & Johnson, Moderna, Pfizer).
- Proof of vaccination must be presented during registration or first rehearsal.

Travel Out-of-Country

We ask participants to exercise good judgement and concern for others after returning from travel outside the United States by **NOT** immediately attending rehearsal. All band participants are counting on each other to use good, common sense and discretion regarding a post-travel self-quarantine.

Symptoms of COVID-19

If a participant presents with new, persistent, or worsening signs or symptoms of COVID-19, they will not be permitted to return to rehearsals until:

- In the case of a participant *who was diagnosed with COVID-19*, the individual may return to the DCNHM when **all three** of the following criteria are met:
 1. at least 3 days (72 hours) have passed since resolution of fever without the use of fever-reducing medications;
 2. the individual has returned to normal respiratory function (no cough or shortness of breath); and
 3. at least 14 days have passed since symptoms first appeared
- In the case of a participant who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and may not return to the band until they have completed the same three-step criteria listed above **OR**
- If the DCNHM participant has symptoms that could be COVID-19 and wants to return to the band before completing the above self-isolation period, the individual must

obtain a medical professional's note clearing the individual for return based on a non-COVID-19 diagnosis.

If a participant has symptoms and/or tests positive for COVID-19, they must immediately inform DCNHM, so the band can notify *all* participants that they *may have been exposed to COVID-19 at a prior band rehearsal*. **The participant's name/identity will *not* be revealed; this is a permitted disclosure under HIPPA.**

Face Coverings

- Personal face masks should be well-fitting (and cover both the nose and mouth), multi-layered; washable or disposable; and surgical in style.
- Masks must be worn by all musicians and the band director prior to entering the rehearsal space. Masks should continue to be worn until all musicians are seated and ready to play their instrument (example, long rests, sectional work, moving around the rehearsal space, rehearsal breaks, etc.).
- No talking should occur in the rehearsal space **without** a mask being properly worn per school district policy,
- While current protocols do not require masks while playing a wind instrument, If desired, a mask with a slit for mouthpiece access may be worn while playing. DIY sewn face masks with slits for musical instruments can be found at: <http://www.unitedsound.org/mask>
- When playing a wind instrument, the mask should be worn over the chin and replaced during periods when the musician is not playing. *There should be no talking without a face mask being properly worn.*

Other Necessary Precautions

- **Chairs & Music Stands:** We will provide disinfectant wipes for your use if you wish to clean the school provided chairs and stands before and after use. As an alternative, you may bring your own stand and/or chair.
- **Spit & Condensation:** Instrument spit valves and horn and saxophone condensation valves should not be emptied directly onto the floor. All wind instruments should be drained onto or into a participant provided "puppy pad" or into a cloth to catch the fluid contents of the instrument and then be discarded or laundered at home as necessary.
- **Bell covers** will be provided for all belled instruments.
- **Air deflectors** will be provided for all flutes.

At Rehearsal

When arriving at rehearsal, each participant will observe the following:

1. Wear an appropriate face mask that properly covers both nose and mouth **PRIOR** to entering the building.
2. Sign-in by initialing the attendance record and, by doing so, verify that you have met the screening criteria.
3. Hand hygiene:
 - Hand sanitizer will be provided at weekly rehearsals.
 - Prior to entering the rehearsal space, sanitize your hands.
 - At each rehearsal, break sanitize your hands.
 - Wash your hands for at least 20 seconds after using the rest room. Use a paper towel to turn off the sink water and to open the rest room door.
 - As much as is possible, do not touch your face.
4. To protect all musicians and our director, their families and other users of the school, each participant will be asked to respond to the following at each rehearsal: **In the last 14 days, have you:**
 - Had a temperature greater than or equal to 100.0 degrees Fahrenheit?
 - Tested positive for COVID-19 or been in close contact with a person who has tested positive or been diagnosed with COVID-19?
 - New cough?
 - Shortness of breath or difficulty breathing?
 - Chills?
 - Repeated shaking with chills?
 - Muscle pain?

- Headache?
- Sore throat?
- Loss of taste or smell?
- Diarrhea?

If a participant answers YES to any of these questions, they are asked to PLEASE stay at home and are advised to call their primary care physician.

5. Participants will be seated in straight lines whenever possible, with as much distancing as numbers and space allow, with added space for the trombones.
6. Schedule
 - Rehearsal time will be 2 hours from 6:00-8:00 in the evening.
 - Rehearsals will be segmented into two approximately 50-minute rehearsal periods with approximately a 15-minute break in between.
 - During each break all participants will leave the rehearsal space to allow for at least one HVAC air change to occur.

Other Related Online Resources

July 2020 – Preliminary findings from the University of Colorado & Maryland *National Performing Arts Aerosol Study*: <https://smt.d.colostate.edu/reducing-bioaerosol-emissions-and-exposures-in-the-performing-arts/>

August 2020 – Second round of preliminary findings from the Preliminary University of Colorado & Maryland *National Performing Arts Aerosol Study*: <https://nfhs.org/articles/second-round-of-performing-arts-aerosolstudy-produces-encouraging-preliminary-results/>

November 2020 – Third round of preliminary findings from the Preliminary University of Colorado & Maryland *National Performing Arts Aerosol Study*: <https://nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

April 2021 – Updates from the University of Colorado & Maryland *National Performing Arts Aerosol Study*: <https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

Thanks to New Horizons Music Fox Valley for permission to modify their “COVID-19 Plan of Action” for our use.